

COME OUT FOR TANLAC

MAYORS, JUDGES, HIGH OFFICIALS, BANKERS, LAWYERS, DOCTORS AND EDITORS INDORSE IT.

FEEL IT THEIR DUTY TO TALK

They Come Forward and Unhesitatingly Tell Suffering Humanity What Celebrated Medicine Has Done for Them.

NOTED EX-MAYOR RECOMMENDS IT

FORMER MAYOR FRANK V. EVANS, OF BIRMINGHAM, ALA., MAKES STRONG STATEMENT.

It is seldom, indeed, that men of prominence, especially men holding high public office, willingly express their indebtedness publicly to a proprietary medicine. Many prominent men, however, including supreme court judges, mayors of our leading cities, prominent state and county officials, bankers, lawyers, doctors, editors, leading educators, government officials and even ministers of the Gospel have deemed it their duty to come forward and tell the people what Tanlac has done for them.

These well-known men of affairs have recognized in this medicine a new discovery and a scientific triumph in the medical world. It is a well-known fact that these splendid endorsements have been given Tanlac time and time again and they will continue to be given just as often as new tests of its powers are made; and it also explains why numbers of the big drug firms of the country are ordering it exclusively in carload lots.

Doctor Prescribes It.
Dr. J. T. Edwards, of Fayetteville, Ga., one of the best-known members of the medical profession in the state of Georgia, makes a statement that will undoubtedly produce a profound impression throughout the South.

"In my thirty years of actual practice as a licensed physician in the state of Georgia," says Dr. Edwards, "I have never seen anything to equal Tanlac as a medicine to produce results. I have no hesitancy in recommending this medicine and I am prescribing it for my patients almost every day."

Professor C. T. Clotfelter, prominent educator and principal of the High School at Ben Hill, Ga., says: "I was in such bad physical condition that I feared I would have to give up my duties. I suffered from rheumatism, sluggish liver, nausea and terrible bilious headaches. I have taken 3 bottles of Tanlac and I feel better than I have felt in years."

Noted Texas Talks.
Hon. Archie R. Anderson, ex-sheriff of Harris County, Texas, is unquestionably not only one of the best-known, but one of the most popular men that ever held office in Texas. He served the people in this important office for 15 consecutive years.

"I had the worst form of indigestion, suffered all the time from gas on my stomach and was continually belching up undigested food," said Mr. Anderson. "I suffered with neuralgic pains of the worst sort and nothing seemed to help me except in a temporary way."

"I began to feel better after taking my first bottle of Tanlac and have just now started on my third. I'm a different man already."

H. W. Hill, president of one of the leading banking institutions of South Pittsburg, Tenn., and one of the most successful bankers and business men in Tennessee, said:

"I suffered from rheumatism and other ailments for many years and

ONE of the latest additions to the large and rapidly growing list of prominent men who have publicly endorsed Tanlac for the good it has done them, is the name of Hon. Frank V. Evans, former Mayor of Birmingham, Ala. Mr. Evans is one of the best known men in public life in Alabama today, being at one time editor of one of the South's greatest newspapers, the Birmingham Age-Herald. He was also examiner of public accounts of Alabama. In telling of the benefits he had derived from Tanlac, Mr. Evans said:

"For years I suffered with gastritis and indigestion in the worst form. I was habitually constipated and had pains in my shoulders and headache continually. My appetite left me almost entirely and everything I would eat hurt me. Finally I got to having awful attacks of acute indigestion, palpitation of the heart and smothering spells. For a long time I would have one or more of these spells every night and I would wake out of my restless sleep gasping for breath."

"I bought a bottle of Tanlac and to my surprise and gratification I began to feel relief after the first few doses. I kept taking the medicine and now my recovery is simply the talk of Birmingham."

Tanlac has done me more good than anything I ever tried. I now wake up in the morning feeling fine.

"I'm telling all my friends about Tanlac and am recommending it to them, regardless of their age and trouble."

Dr. G. W. De LaPerriere, of Winder, Ga., is not only one of the best known physicians and druggists in the State of Georgia, but is also a man of extensive property and wide influence, ranking as one of the leading citizens of that entire section. He has been in the drug business in Winder for 25 years.

Recently Dr. De LaPerriere wrote: "Our people are much enthused over the beneficial effects of Tanlac and I desire to say that it is the most wonderful seller I ever had in this store."

Other prominent men who have endorsed Tanlac are:

Professor Elmer Morris, of Dover, Tenn.; Professor W. A. Wood, of the Central Graded Schools, Winder, Ga.; C. C. Cooper, president of the Georgia Home Cotton Oil Co., Lawrenceville, Ga.; Hon. S. S. Shepard, member of the Atlanta city council; Colonel John B. Gaines, of Bowling Green, Ky., editor, political writer and well-known leader in his state; Hon. George Samuel Riley, Chief of Police in Macon, Ga.; Hon. C. G. Lavender, register of Williamson County, Tennessee; Dr. W. H. Brown, 4822 Charlotte Ave., Nashville, Tenn., founder and president of the Tennessee Protestant Home for Girls; John F. Carroll, cotton mill superintendent, of Chattahoochee and Atlanta and N. M. Yancy, manager of contract department, Atlanta Telephone and Telegraph Co.

There is a Tanlac dealer in your town.—Adv.

Seeds Used as Fuel.
Hundreds of tons of peach and apricot seeds, which have been thrown away every season heretofore by the canning factories in the great fruit districts of California, are now sold as fuel and bring \$2.50 a ton retail. Formerly the seeds were considered too hard for fuel, but recently it was found that when heated in a stove burning hard coal they soon pop open and ignite, after which they burn with an intense glow like that of anthracite, and are practically smokeless, besides holding a fire well.—Popular Mechanics Magazine.

YES! LIFT A CORN OFF WITHOUT PAIN!
Cincinnati man tells how to dry up a corn or callus so it lifts off with fingers.

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezeone applied directly on a tender, aching corn or callus, stops soreness at once and soon the corn or hardened callus loosens so it can be lifted off, root and all, without pain.

A small bottle of freezeone costs very little at any drug store, but will positively take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to irritate the surrounding skin.

If your druggist hasn't any freezeone tell him to get a small bottle for you from his wholesale drug house.—adv.

Any Way.
They were discussing that joke about getting down off an elephant. "How do you get down?" asked the jokesmith for the fourth time. "You climb down."

"Wrong!" "You grease his sides and slide down."

"Wrong!" "You take a ladder and get down."

"Wrong!" "Well, you take the trunk line down."

"No, not quite. You don't get down off an elephant; you get it off a goose."

—Indianapolis News.

There are now 67 bird reserves in the United States where wild fowl may live unmolested.

The KITCHEN CABINET

Beauty men is never lost. God's colors all are fast. The glory of this sunset heaven into my soul has passed.

MORE GOOD DISHES.

A fruit salad for company, which will serve 35 people, is the following:

Frozen Fruit Salad.—Take a can each of pineapple, white cherries, pears and peaches; cut them all the size of half a cherry, add two oranges, the juice of one lemon, a fourth of a grapefruit, a pint of mayonnaise and a pint of cream, whipped. Put the mixture into the freezer and stir until frozen; pack in quart molds and let stand an hour or more. Serve cut in slices, with lettuce hearts and French dressing made with lemon juice.

Choice Popovers.—Break three eggs into a bowl; add half a teaspoonful of salt and one cupful each of milk and sifted flour. Beat until smooth with an egg beater. Have ready a hot muffin pan; butter it well. Fill the cups two-thirds full of the mixture and put into a hot oven. Bake 35 minutes, decreasing the heat after the popovers are well puffed.

Vassar's Delight.—Soak a fourth of a pound of prunes overnight and cook until tender in the same water. Remove the stones and cut the flesh in small pieces; add coconut to equal half the measure of prunes, a little coconut milk and two tablespoonfuls of orange marmalade. When boiling hot stir in three-fourths of a cupful of sugar and set the dish in hot water. Beat two tablespoonfuls of butter to a cream, add two egg yolks one after the other and one-fourth of a teaspoonful of salt; stir and cook in the hot mixture until the egg is set. Have ready a flaky puff paste or rich plain paste, baked over small tins. Fill the shells with the prune mixture. Beat the whites of the eggs very light, add four tablespoonfuls of granulated sugar and pipe the meringue above the filling; dredge with sugar and bake until firm in a moderate oven. Sprinkle with browned coconut or shredded browned almonds. Serve hot or cold.

A few green peas left from a previous meal, if washed to remove the sauce and then mixed with peanuts and celery, with a bit of onion and served with French dressing, will make a most satisfactory salad.

Cress With Cucumber.—Slice a peeled cucumber in thin slices and let stand in cold water for a half hour. Dry in a cloth and arrange a few slices on a bed of carefully washed cress, sprinkle with chopped chives and parsley and pour over French dressing. Serve at once as the dressing wilts the salad.

Who hath a book Hath but to read, And he may be A king indeed. His kingdom is His Englishbook. All this is his Who hath a book.

EVERY DAY LUNCHEON.

When cooking eggs, to make a few serve a large number, use cold boiled rice, two or three tablespoonfuls of the egg, if the eggs are scrambled, using milk and butter. Mix all the ingredients and serve hot at once. Uncooked rice may also serve as an economy with eggs. Put two tablespoonfuls of rice in an omelet pan with two tablespoonfuls of butter, cook until the rice is brown, then add a little water and let it simmer until the rice is tender, now add the eggs, stir and cook until well cooked and serve hot after seasoning well.

Egg Soup.—To one quart of boiling stock add a grated onion, half a teaspoonful of celery seed and salt and pepper to taste. Boil five minutes, add a half cupful of boiled rice, when hot take from the fire, add the yolks of two eggs well beaten, and serve at once.

Prunes and raisins boiled together, using half of each, sweeten, save the juice, add to sugar and cook until clear, then serve very cold.

Deviled Crabs.—To one can of minced crab meat or two cupfuls of freshly boiled crab meat add the yolks of two hard-cooked eggs, mashed fine, a teaspoonful of Worcestershire sauce, paprika and the juice of half a lemon, a teaspoonful of dry mustard, and a few drops of tabasco sauce. Add enough bread crumbs to make a paste. Fill crab shells with the mixture, cover with buttered crumbs and bake until brown. Ramekins may be used in place of shells.

Beef Olives.—Take slices of rare roast beef and roll each around a thin slice of bacon which has been fried until transparent. Bind with twine and boil for five minutes. Remove the string and add some bacon fat to the roast beef gravy, season with tomato catsup or Worcestershire, boil up once and pour over the olives. Serve very hot.

Marquise Pudding.—Cut squares of angel food baked in a sheet, sprinkle

At the Sign of the Brass Balls.

Some children certainly get quaint views of life. An instance of this occurred in a Sunday school in a very poor district, where the teacher was talking to her class about Solomon and his wisdom. "When the queen of Sheba came and laid jewels and fine raiment before Solomon, what did he say?" she asked presently. "One small girl, who had evidently had experience in such matters, promptly replied: "Ow much d'yer want for the lot?"—Grand Magazine.

with chopped nuts and cover with whipped cream. Candied fruit may be added to make it more delicious.

Who hath a book Should thank the Lord, Because he may A book afford.

And in his prayer This clause is due, "Lord bless the men Who write books too!"

EARLY VEGETABLES AS GREENS AND SALADS.

At least once a week when these vegetables first appear in season cook cowslip and dandelion greens. The young, tender, blanched dandelions make most delicious salad served with minced onions and French dressing.

Beet greens, spinach and Swiss chard are all most wholesome and may be converted into attractive salads after being well cooked. Watercress is one of the most appetizing of greens, if well washed in salted water to remove any insects it may be served simply with salt as a garnish for chops or with French dressing as a salad.

Grapefruit Salad.—Separate the sections of grapefruit, using care not to lose the juice, mix with French dressing on lettuce leaves. The juice may be used with the oil, with a little lemon juice or vinegar to make the dressing, so that nothing is wasted.

Birmingham Salad.—Arrange head lettuce with two slices of choice pineapple, with a ball of cream cheese in the center of each slice. It is well to cut the pineapple, making it easier for eating, yet the arrangement may be the same. Use the following dressing: Beat a half cupful of the pineapple juice and the juice of half a lemon in a double boiler. Beat the yolks of four eggs, add a tablespoonful of sugar, and a fourth of a teaspoonful of salt, gradually beat in the hot liquid and return the whole to cook over hot water until thickened. When cold and ready to use add whipped cream to make of the consistency desired.

Spring Salad.—Make nests of shredded lettuce and arrange on these a slice of cucumber, a few slices of radish, unpeeled, a sprinkling of chopped olives or finely shredded green onion, serve with French dressing. Cress may be used in place of the lettuce.

Orange and chestnuts with celery, or orange mint and celery to serve with lamb makes a good combination for salad.

She knows a dozen languages And that is much too many. She talks in every one of them And doesn't think in any.

GOOD COMPANY DISHES.

Chop all together rather coarsely two large stalks of celery, two green peppers, and two onions, fry slowly in two tablespoonfuls of butter until tender. Serve with steak.

Tuna Fish Omelet.—Prepare half a dozen eggs, beating the yolks and whites separately and adding a tablespoonful of cold water for each egg, season with a teaspoonful of salt, a fourth of a teaspoonful of pepper and three-fourths of a cupful of tuna fish minced fine. Fold the fish into the whites and proceed as in the making of a plain omelet.

Chicken and Mushroom Pie.—Butter a baking dish and put a layer of chicken meat in the bottom, cover with mushrooms which should be dried as well as the chicken, then add a few potato balls, season and add a layer of hard cooked eggs chopped, sprinkle with minced parsley and cover with a white sauce. Then after all the ingredients are used in layers, cover with small rich biscuit and bake. Use four cupfuls of dried chicken, one pint of mushrooms, one and a half pint of potatoes, six eggs, one and a half tablespoonfuls of minced parsley, a quart of thin white sauce, bake about 30 minutes. This will serve eight people.

Club Salad.—Allow two or three leaves of lettuce for each salad, one and one-half cupfuls of shredded chicken (cold, cooked), twelve slices of bacon cooked and dried, three tomatoes, mayonnaise and toast points with parsley for the garnishing. Arrange the lettuce on each a slice or two of tomato, then the fried bacon on these and a spoonful of mayonnaise and on top the chicken, more mayonnaise and a sprig of parsley. Garnish with six tiny toast points for each salad, placing them spoke-fashion on the plates.

Pimento Cheese.—Drain a small can of pimentos from the oil, chop fine, add a tablespoonful of onion juice and a tablespoonful of minced pickles and a half-pound of grated cheese. Mix well, add salt and red pepper and serve with crackers or as a sandwich filling.

Nellie Maxwell

Magnet Will Hunt Needles.
Much time is saved in hunting for lost needles if you keep a horseshoe magnet suspended from a string in your workbasket, ready to drop to the floor and hunt your lost needles for you.

Optimism That Fades.
It is easy to be an optimist when everything is lovely and no clouds are in your sky—but that kind of optimism becomes blighted when the first frost comes.

WOMEN'S IMMIGRATION

Increased by About Sixty Per Cent in Past Six Months.

That Canada is at war is now more fully appreciated on this side of the boundary line, now that the United States has stepped alongside its northern neighbor and linked hands in the great struggle for a freer democracy throughout the civilized world. As a result of this a greater interest than ever is seen in the movement to develop both the United States and Canada. Recently, just before the time that the United States declared its intention to enter the contest and contribute of its resources to the defeat of the autocracy, whose design was to permeate the world, Western Canada made an appeal for farm labor to till the fields and prepare the soil for the crops of grain that were necessary to feed the fighting forces and keep up the requirements necessary for the Allies. The responses were so great that before half the time limit expired, over six thousand laborers were secured. This was not sufficient, but once the United States was declared to be in a condition of war, and farm labor required here to meet any exigency as to short rations that might arise, the sister to the north, withdrew from attempts, which might mean a restriction of the farm labor supply in the United States. But even with this it is thought Canada will now be fairly well supplied.

Apart, however, from the farm labor proposition, it is gratifying from both a United States and Canadian point of view that the immigration of farmers to take up homestead lands and to purchase improved and unimproved land in Canada, has shown such a wonderful increase in the past three months. The great struggle for increasing the food supply has a broader and greater significance than ever. The food must come into existence, whether the rich soils of the United States or those of Canada be the factor.

It is altogether probable that the action of the Canadian Government in taking the duty off wheat going into Canada, thus automatically lifting the duty off that coming into the United States, may not be responsible for an increased immigration to Canada. Canada's reputation for growing large average yields and a better quality of grain, and on lands, many of which are free, as well as those that range from \$15 to \$25 an acre, is an appeal that is being responded to by farmers who are now renting high-priced lands, is another reason for expecting an increasing number of farmers from the United States.

Mr. W. D. Scott, Superintendent of Immigration at Ottawa, Canada, recently gave out figures concerning immigration from the United States, which shows that the increase in the past three or four months was 60 per cent over the same period last year, and Mr. Scott forecasts that during the calendar year of 1917 there will be over one hundred per cent increase and be much heavier than for many years past. Mr. Scott declares that already this spring more settlers' efforts have entered Canada than crossed during the whole of last year, and the movement has just merely started.

The new settlers are coming from numerous states through the ports of Emerson, North Portal and Courts, as well as from Oregon and Washington, through Kingsgate and Vancouver.

There arrived at Saskatoon during the year ending December 31, 1916, a total of 8,136 persons as compared with 5,812 during the twelve months previous. At the same time nearly twice as many immigrants passed through the immigration department at Edmonton, Alberta, in the last twelve months as for the same period of the year before.

The number of settlers from Eastern Canada migrating to the west also increased. From January 1 to March 31, 1917, the number of cars of stock that passed through the Winnipeg yards was 750, as compared with 361 last year. A fair estimate of the value of each car would be about \$2,000, which means that the west has secured additional live stock to the value of \$1,500,000 or more, during the first three months of 1917, not taking into account that brought in by immigrants from the United States.—Advertisement.

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FOR CONSTITUTION

have stood the test of time. Purely vegetable. Wonderfully quick to banish biliousness, headache, indigestion and to clear up a bad complexion.

Don't be misled. Ask for Red Cross Bag Blue. Makes beautiful white clothes. At all good grocers. Adv.

What Bird?

Her older sister is a student of zoology in high school, and therefore must keep her eyes and ears open for early spring bird arrivals. Little Peggy also helps.

They were out tramping recently and their course took them through a strip of swamp and marsh in the woods. Only a few birds had been spotted up to that time, so they were on the alert for any call.

"What kind of a bird is that, Margaret?" asked Peggy.

Margaret investigated. "They listened for a long time with no results. Then Peggy cried: 'There it goes,' and they all heard an early bullfrog give a big, deep croak.—Indianapolis News.

W. N. U., DENVER, NO. 21-1917.

Women of Middle Age

Many distressing Ailments experienced by them are Alleviated by Lydia E. Pinkham's Vegetable Compound.

Here is Proof by Women who Know.

Lowell, Mass.—"For the last three years I have been troubled with the change of life and the bad feelings common at that time. I was in a very nervous condition, with headaches and pain a good deal of the time so I was unfit to do my work. A friend asked me to try Lydia E. Pinkham's Vegetable Compound, which I did, and it has helped me in every way. I am not nearly so nervous, no headache or pain. I must say that Lydia E. Pinkham's Vegetable Compound is the best remedy any sick woman can take."—Mrs. MARGARET QUINN, Near 250 Worthen St., Lowell, Mass.

She Tells Her Friends to Take Lydia E. Pinkham's Remedies.

North Haven, Conn.—"When I was 45 I had the Change of Life which is a trouble all women have. At first it didn't bother me but after a while I got bearing down pains. I called in doctors who told me to try different things but they did not cure my pains. One day my husband came home and said, 'Why don't you try Lydia E. Pinkham's Vegetable Compound and Sanative Wash?' Well, I got them and took about 10 bottles of Vegetable Compound and could feel myself regaining my health. I also used Lydia E. Pinkham's Sanative Wash and it has done me a great deal of good. Any one coming to my house who suffers from female troubles or Change of Life, I tell them to take the Pinkham remedies. There are about 20 of us here who think the world of them."—Mrs. FLORENCE IARLLA, Box 197, North Haven, Conn.

You are Invited to Write for Free Advice. No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass. Such letters are received and answered by women only and held in strict confidence.

Children Cry For Fletcher's CASTORIA

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher
In Use For Over 30 Years
The Kind You Have Always Bought
THE CENTRAL COMPANY, NEW YORK CITY.

After the Movie
Bad Eyes—Sore Eyes—
Inflammation—Itchiness—
Redness—Swelling—
Give your eyes a wash of your favorite eye
saver and you will find relief.
SOLD EVERYWHERE.
Ask for it and get it.